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# Food and Nutrition

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**TANGIER ISLAND  
WELCOMES FOOD STAMPS**



# to the Federal Reserve Food Stamps Are Like Money

By Benedicto Montoya

ALL ALONG THE food stamp chain—from issuance center to household to grocer to bank—food stamps enjoy the security and protection afforded their near cousin, money. At the coupon's final destination, the Federal Reserve Banks, the ultimate in care and security is evident.

Each day millions of food coupons flow into the Federal Reserve's 37 banks and branches, located in various parts of the country. There they are credited to the depositing bank's account, debited from U.S. Department of Agriculture funds, and destroyed.

At the Federal Reserve Bank of San Francisco, food coupons are handled for a region stretching from the California/Oregon border, south to the Tehachapi Mountains in Southern California, east to mid-Nevada, and west through Hawaii.

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Woessner explained that under the Federal Reserve Act, Federal Reserve Banks are charged with operating as fiscal agents for the U.S. Treasury.

"We undertake tasks at the request of the Secretary," he said, "and food coupons are one of those tasks.

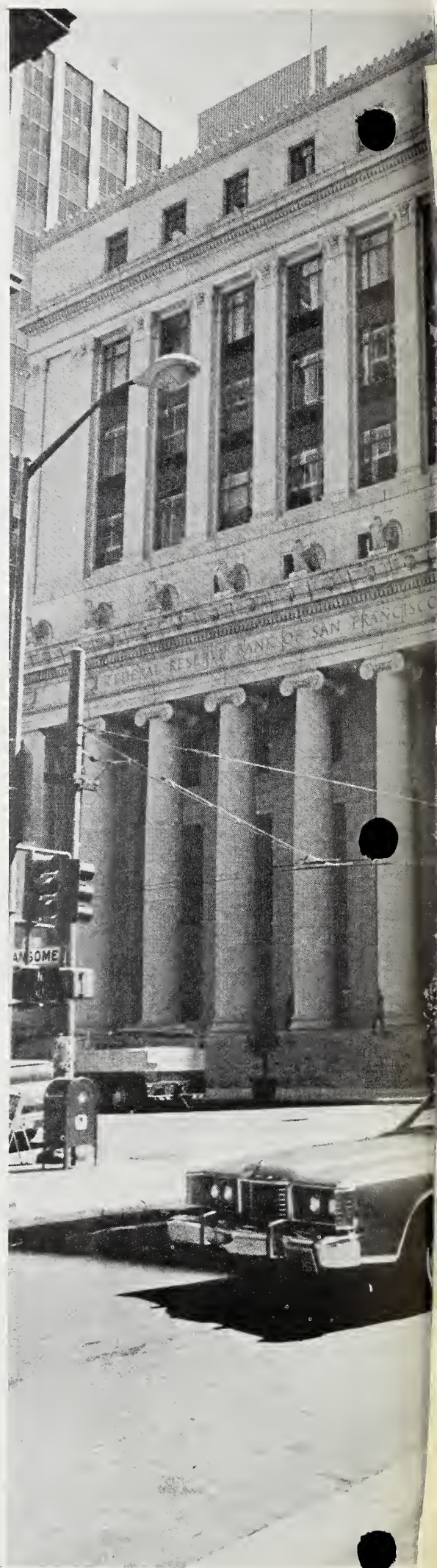
"In a sense, the Federal Reserve is a conduit of funds. USDA relies upon the banks and their branches to assure that when a deposit of, say, \$5 in food coupons is made, it really is \$5 and \$5 is subsequently destroyed. Unlike money, food coupons are not recirculated."

The processing of coupons is the responsibility of the Federal Reserve Bank's fiscal operations department—one of two departments in the bank with top security. To further insure the secure handling of the coupons, there is tight supervision of the entire operation. Internal auditors for each branch and bank in the Federal Reserve system oversee food coupon handling procedures and financial accounting. In addition, an examination team from the board of governors visits all banks unannounced to make sure that the bank is uniform and secure.

The San Francisco bank first began handling food coupons on a small scale.

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employees working full time on food coupons at the San Francisco bank.

"The program grew phenomenally," Woessner said, "and we had a very interesting management problem—how to gear up fast enough to handle the deposits. But we were accustomed to handling large amounts of money and government securities, so the expertise to handle the increased flow of coupons and the sophisticated security techniques were there."

Food coupons received at the federal reserve are handled like money. The coupons arrive by armored car or special messenger in strapped bundles of 100 pieces of the same denomination.

"When it arrives," Woessner explained, "it isn't always possible to piece count and determine immediately the exact value. Food coupons, however, like money, are immediate credit items. That means if the coupons are received by 3 p.m., the depositing bank gets credit for them on the day of deposit. So what we do is count straps."

"Later," he said, "verification units will break the straps and insure that there were one hundred 50-cent coupons under that strap. The bank has been credited with one hundred 50-cent coupons subject to verification."

Doug Newton, in charge of the San Francisco Federal Reserve Bank's food stamp division, pointed out that the teams that verify the coupons are under different management than the teams that destroy them. This is to insure that there is no reverse flow of coupons. Once a food coupon goes through a stage in processing, it never goes back. Equally important, no person on one team can ever be on another team during the handling of a batch of coupons.

Employees nominated for the food coupon section are carefully screened and given a thorough training program in handling procedures and security requirements.

"Food stamp security is regarded as an important assignment," Newton emphasized.

*Security for food stamps at the Federal Reserve Bank of San Francisco (left) is provided by the same security force that oversees the handling of money.*



Food coupons are handled in what is called double custody. That is, two people are always in presence and view of one another. During coffee breaks and at lunch, everyone in the unit leaves at the same time and the door to the room is locked. In the verification unit, where the coupons are counted and cancelled by machines, if the operator has to leave for even a moment the coupons are covered by a large plexiglass cover

and locked for added protection.

While the value of the individual coupons is important in the crediting and debiting of accounts, the actual coupons are important in the processing.

According to Woessner, "We count pieces and, therefore, treat a 50-cent coupon the same as we would a \$5 one. When we have responsibility for 502,000 pieces, you can be sure that 502,000 pieces are going to be

handled and 502,000 pieces are going to be destroyed . . . absolutely no more and no less.

"When we are entrusted with a custody like this," he said, "we don't intend to lose control. We handle everything with integrity and can't afford to have different standards for different items."

Once the coupons have been received, the bank credited, and verification accomplished, the coupons are destroyed. The assistant vice president explained that as in the destruction of money, two things are important in the destruction of food coupons—complete destruction and ecologically clean destruction. The federal reserve system is keenly aware of its responsibilities with regard to the environment and pollution.

At the San Francisco Federal Reserve Bank the food coupons are run through a hammer mill and turned into a nearly unrecognizable fluff. At other banks they are incinerated just as is worn money. It is at the point of complete destruction that the tight security that has surrounded the coupons ends.

"If destruction has been complete," Woessner said, "it doesn't matter what you do with the residue. Our efforts are directed to finding someone who will recycle it."

"The Federal Reserve system as a whole," Woessner continued, "generates the tonnage required to make recycling viable. The problem is, however, that it is located in 37 different locations and we run into the economic problem of getting it all together."

The fluff coming from coupons out of the San Francisco Federal Reserve Bank is currently being used as packing in oil well drilling. Ron Getz, information officer for the San Francisco Federal Reserve Bank, said that the residue from food coupons has also been turned into plastics, used as land fill and in roads and roofing.

While it isn't possible or even necessary for a family participating in the food stamp program to take the precaution being taken by a federal reserve bank, it is essential to protect things of value. Food stamps aren't money. But to a family in need of food assistance they are as good and as valuable as cold hard cash. ☆



Verification units count the number of bundles (above) and the number of coupons in each bundle (below) after the coupons arrive from the depositing bank.



# Summer at White Eagle

By Melanie Watts

MORE THAN 100 children on the White Eagle Reservation in Oklahoma had better things to do last summer than just sleep late.

Thanks to the initiative of the White Eagle Tribal Council and the cooperation of the Oklahoma Department of Education, there was a full slate of activities each day and a lunch program available to all children in the area.

Early in the spring the Tribal Council applied to the Oklahoma State Department of Education to sponsor a summer feeding program under the Special Food Service Program for Children. The program is funded by the Food and Nutrition Service and administered in Oklahoma by the State education agency.

While interested in providing recreation for the children, the Tribal Council was primarily concerned with providing nutritious lunches for the children during the vacation months.

Once the special feeding program was approved, a recreation program was included in the plans. Badminton, baseball, horseshoes, films, a library and crafts were among the activities provided for the children. The program ran from 10 a.m. to 6 p.m. during the week at White Eagle Tribal Council headquarters.

A hot lunch was prepared every weekday in the center's kitchen. Lunch started at 12:30 p.m. to allow the bus carrying summer school students to arrive. Those involved with jobs through the Neighborhood Youth Corps also had time to get to the center for lunch.

Five of the Neighborhood Youth Corps employees helped the cook prepare and serve the meals and also assisted with the clean up. Others employed through the youth corps were involved in other facets of the summer recreation program.

More than half of the children in the area, which has a per capita income of \$700 a year, ate the special lunch each day. All children, ages 3 through 20, were eligible for the program.

Bologna sandwiches were served one day, as an experiment with cold lunches. "The kids let me know quick that they preferred the hot lunches—like fried chicken, meat loaf and ham," reported Marie Buffalohead, food buyer and menu planner for the summer feeding program.

One menu, typical of the daily fare, consisted of pork steak, mashed potatoes and gravy, green peas, white bread, milk and oranges.

But the children were also treated to some foods they had never eaten before, thanks to Ms. Buffalohead's idea to include some entrees from her Slavic background. (Ms. Buffalohead is originally from Ohio, and is married to a member of the Ponca Tribe.)

"Stuffed cabbage and Italian-style spaghetti were big hits with the children," she said.

"The first time we tried a new menu, I could hear the grumbling—

even in the kitchen," she remembered. "But at the end of the meal, everything was gone, and the kids were asking when we could have it again."

Many children asked for the spaghetti recipe to take home to their mothers.

But the more traditional Indian foods, like biscuits and fry bread, were served often, too.

The staff cook, Ann Page, had 10 children of her own and claimed that cooking for 100 wasn't that hard.

At first the meals were served in a cafeteria serving line. But, according to project director Mike Tah, there were too many spilled plates and the line moved too slowly. Later in the summer, the group began family style serving. The children sat at tables of six and eight, which were served and cleared by 10 dining room attendants.

"Lots of times, these lunches were the only really good meals these kids would get," said Ms. Buffalohead. "So the youngsters were great about cleaning their plates and wanting seconds."

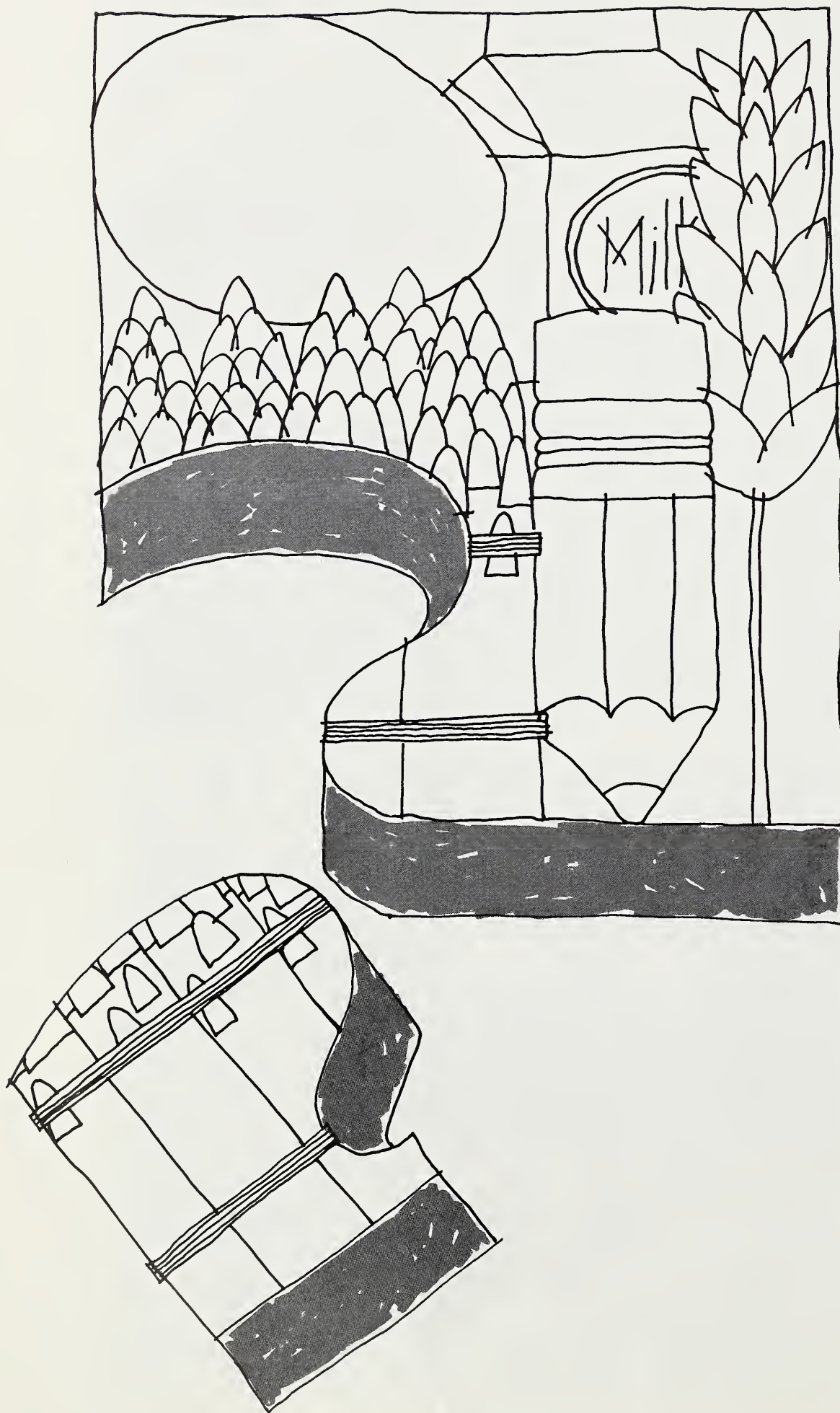
The older children eagerly helped the younger ones cut their meat and assisted with any other food items that gave them trouble.

The program's staff made every attempt to get all the children in the area involved. Volunteers and staff members picked up as many as 75 children every day, drove them to the center and, if necessary, took them home in the evening.

On one of her rounds, Ms. Buffalohead accidentally left behind a child who, after her car arrived, returned to the house for his shoes.

"He's one of 15 children so when I left without him, I really didn't notice," she recalled. "But he let me know about it the next day."

This feeding program, typical of all the others in Oklahoma, was the result of close cooperation between the sponsoring agency, the Tribal Council, and the Oklahoma Department of Education. Both organizations, realizing the need for children in this low-income area to receive good nutritious meals during the summer months, worked together to bring about the special summer feeding program on White Eagle Reservation. ☆



# Nutrition Education a team approach to the PUZZLE

By Linda Klein

**E**LEMENTARY SCHOOL teachers and food service managers were grouped around small tables in a classroom at the University of Southern Mississippi at Hattiesburg.

Five people at each table had pieces of cardboard puzzles in front of them, which they silently passed around the table, trying to form five identical squares. The others observed how the group solved the problem and noted behavior patterns, which they later discussed.

These teachers and managers were performing a learning exercise—one that illustrated the importance of non-verbal communication and its relationship to teamwork.

But, at the same time, they were just beginning to solve a much more complicated puzzle: *How do you teach children about nutrition, and*



*how do you motivate them to make wise food choices on their own?*

### **Week-long program**

This group was beginning an intensive, week-long training program that would equip them to teach nutrition in their own schools. During the week a manager and a third, fourth or fifth grade teacher from each of 14 participating schools worked together to develop "back-home" action plans. But first they engaged in planned activities like this one to develop team spirit.

The same scene took place last summer in four other Southeastern States — Alabama, Florida, Georgia and Tennessee. This training was just one phase of a unique 2-year project funded by grants from the Food and Nutrition Service and known as the Five-State Nutrition Education Project.

This school year the trainees will implement the plans in their own schools, and have three follow-up training and evaluation sessions.

Clara Ruth Doran, the project director, described the training process. "We don't spoonfeed the managers or teachers any information," she said. "We give them guidelines, but they discover their own methods and techniques, because each of their back-home situations is different."

### **Building team spirit**

"We're trying to get managers and teachers to use each other as resource people, because they have their own areas of expertise," the project director explained. "We want them to recognize this."

Accordingly, the first 2 days of training focused on building a team and developing interpersonal skills.

"In order to work as a team, these people need to communicate, have mutual trust, and build a supportive climate," Ms. Doran said.

The trainees participated in exercises that gave them an opportunity to share their work experiences—to describe not only what they did, but how they felt about what they did.

The third day the managers and

teachers spent on instructional skills—working as teams, they began formulating their back-home action plans. They talked about teaching skills, wrote performance objectives for nutrition education, made lesson plans, evaluated resources, and developed techniques for evaluating student progress.

### **'Back-home' action plans**

The back-home action plans included the team's broad goals, specific objectives, activities to carry out these objectives, resources needed, and schemes for evaluating results.

For instance, a team's broad goal might be "to improve the food habits of third grade children," and one objective under that goal might be "to teach children to recognize a variety of foods."

To achieve this objective, the teacher might plan a social studies lesson on a foreign country, and the manager might serve a Type A lunch typical of that country. Or together, they might have a "tasting party," where children in the class could try foods typical of the country.

To carry out these activities, the manager and teacher would determine what resources—like foods and educational materials—were needed. And finally, the team would devise a way to evaluate progress towards their objectives—like simple verbal or oral tests.

Ann Price, nutrition education specialist for the State of Georgia and chairwoman of the project's advisory committee, pointed out that the reactions of the participants changed during the 5-day session.

"They had never experienced this kind of training before, so they didn't know what to expect," she said. "At first this produced some frustration. They were used to working with already developed plans and here they had to develop their own."

"Participants ended the workshops with a good feeling," said Ms. Doran, "because they realized they'd done

this on their own—they did their own thinking and discovered their own answers."

### **Careful planning**

The training that took place last summer in these five States was carefully planned—the result of a lot of hard work and preparation by the project's regional advisory committee and a private consulting group.

The advisory committee was composed of two people from each State's department of education and representatives from the FNS Nutrition and Technical Services Staff in Washington and the southeast regional office. The group set policies and determined the competencies—the knowledge, skills and attitudes—needed to teach nutrition.

A private consulting firm, Robert Dars Associates, worked with the committee to develop the written plan or training module which contained all the materials, lesson plans, activity suggestions and evaluation tools needed to train a group in these competencies. It also contained a self-paced series of lessons on nutrition for the managers and teachers.

### **New approach to training**

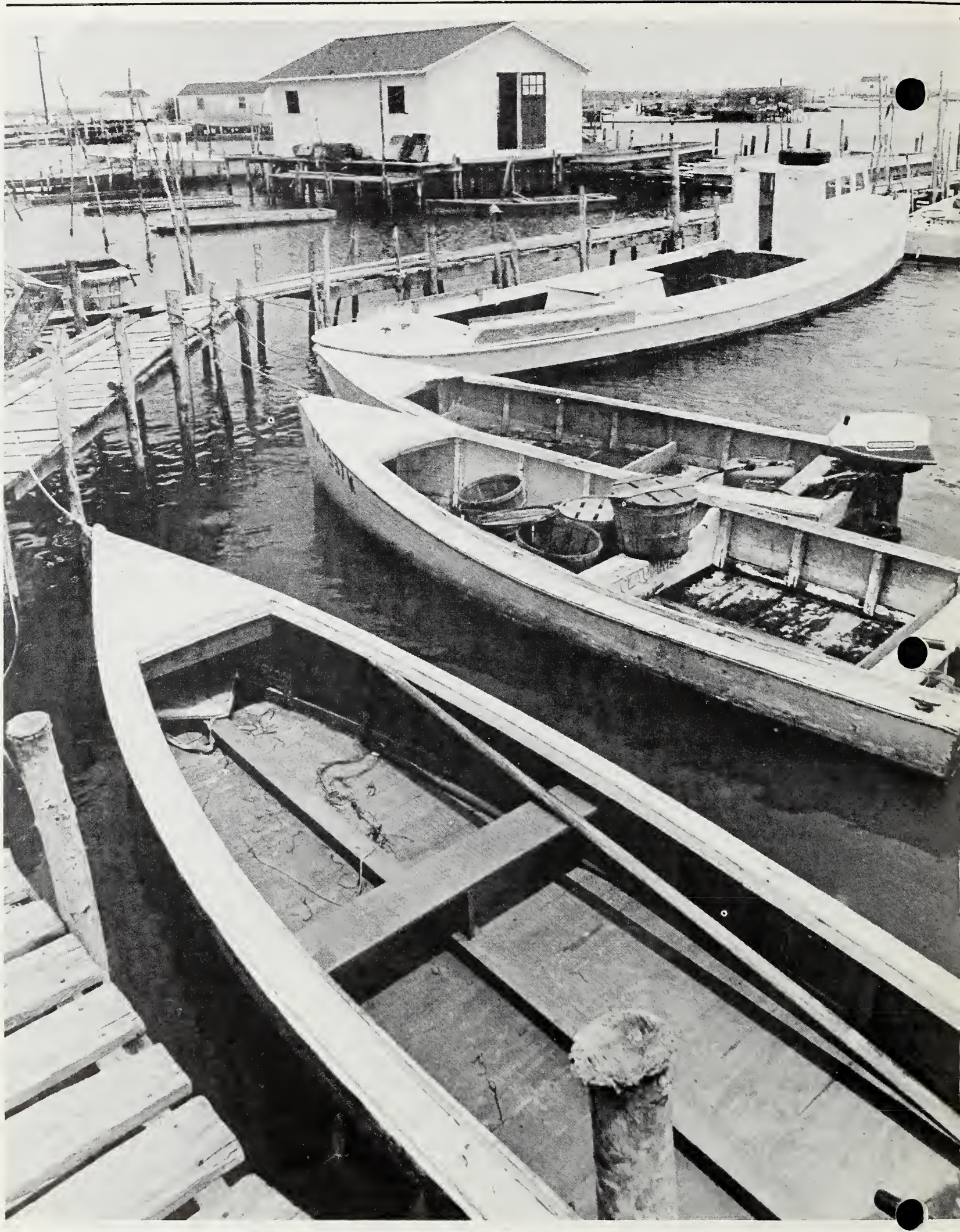
Why did the five States decide to get together on this project?

As Ms. Price said, "We recognized that the way we were teaching nutrition education just wasn't working. We were training teachers and managers separately and telling them to work as a team. It just didn't work. And in addition, we hadn't really identified the competencies these people needed to teach nutrition."

Ms. Doran pointed out that the project is unique in several ways. It's the first competency-based nutrition education project that has focused on the team approach and one of the first nutrition projects that has involved a number of States.

"I really think this is the most exciting thing I've seen in nutrition education," said Ms. Price. "It could change our whole approach to nutrition education in our schools." ☆







# TANGIER ISLAND WELCOMES FOOD STAMPS

By Joe Dunphy



Food stamp officer-in-charge Leon Saunders (left) meets with the mayor of Tangier Island, Hartford Williams, and grocer Edward



Smith to explain how the food stamp program operates. Fishing is the main source of income for the residents of Tangier Island.

**H**ARTFORD B. WILLIAMS has done a lot of traveling around the country since he left his native Tangier Island, Virginia, when he was 13.

But after many years and many jobs, he has returned to his home, a 2-mile wide island in the Chesapeake Bay.

"My jobs usually took me to the big cities," Williams said. "And that's just not my kind of living. It's a little too fast for me."

So, Hartford B. Williams came back to Tangier Island 4 years ago. Since then, he has been elected mayor of the town that has a population of "somewhere around 950."

His experiences and knowledge gained from working on the mainland, along with the assistance of several other prominent Tangiermen, have helped Williams bring many modern changes to the formerly secluded and staid island. Innovations include the installation of the most modern telephone equipment, and the start of a uniform sanitation collection and disposal system. In July, the island began operation of the food stamp program.

"I was sure that our people would take to the program," he said.

The mayor's optimism, however,

wasn't shared by some people from the Eastern Shore mainland, according to Norfolk food stamp officer-in-charge Leon Saunders.

On his way to authorize the island's two grocers, Saunders said he was told about the conservative and clanish nature of the Tangier people. Getting the island to accept the food stamp program would be a difficult undertaking, he was told.

"But nothing could have been further from the truth," Saunders said. "The grocers readily agreed to be authorized for the program and expressed a willingness to cooperate with all of our regulations as I explained them."

Mayor Williams is convinced that the food stamp program will be of great benefit to the residents of Tangier, where the major industry is "working on the water"—in particular, crabbing. The seasonal nature of the business, as well as a certain amount of good fortune, can often lead to unsteady incomes.

"When people have their boats in shape and the work is good, there's no problem," he said. "But things happen. . . ."

The mayor's voice trailed off, leaving to the imagination the numerous

kinds of accidents and illnesses that could lay up a waterman, who must be in top physical shape to maintain a livelihood.

Tangier residents are a hearty breed, proud of their island, their people and their contribution to this country.

Religion, Sunday church services, and "good clean living" permeates much of the conversation of Tangier people as well as the history of the island.

Tangier was discovered and named in 1608 by Captain John Smith on one of his exploratory excursions from the Jamestown settlement. Almost 80 years later, John Crocket and his family became the first settlers.

In 1814, Tangier was used as a headquarters for the British fleet that eventually sailed from the island to attack Fort McHenry, near Baltimore, the setting from which Francis Scott Key composed his "Star Spangled Banner."

One of the more revered native heroes of the island is Joshua Thomas, a famous 19th century preacher of the Chesapeake area. It was Thomas, as local history goes, who told the British during a prayer meeting he conducted for them the day the fleet





*A fisherman from Tangier Island counts his day's catch of crabs and places them in sizing beds.*

set sail that they would be defeated at Fort McHenry.

Another reason for the Tangier pride in their history is that most residents can trace their ancestry back to the earliest settlers of the island.

Surnames like Crocket, Pruitt, Thomas, Williams and Wheatley make up the major portion of the island's population.

In 1968, the island joined the food distribution program. Until the county's switchover to food stamps, about 1,000 pounds of USDA foods were delivered to the island each month. Shortly after the boat docked people would come to pick up the foods using their main transportation vehicle—the bicycle.

Saunders, hanging his briefcase

from the handlebars, used one of the bikes to make his grocer rounds.

Spending the better part of a day authorizing just two grocers is somewhat less than a full schedule for an OIC, Saunders noted.

"But the overall accomplishment of getting the program started in remote areas like Tangier Island makes the effort worthwhile," he said.

One of the grocers, Edward Smith, was surprised at the simplicity of the overall coupon operation.

"I think we've got it down pretty good," he said. "I can't see as we'll have any problems."

Mayor Williams expects the food stamp program to help eliminate problems peculiar to the island in getting food to the needy.

"Especially in winter," he said, "we've had some trouble getting transportation out here."

Now, he said, recipients can get their coupons via the mail boat which runs 6 days a week between Tangier Island and the mainland.

Getting residents on the food stamp rolls was the job of Jo Sue Matthews, the Accomack County food stamp eligibility worker.

Ms. Matthews, who also supervised the commodity program on the island, found the recipients more than willing to cooperate and abide by the food stamp regulations.

Again, there had to be some special provisions made for the certification procedure.

Marietta M. Eichelberger, supervisor of the County Department of Social Services, explained that once the stores were authorized, she had to get word to the ministers of the two churches on the island. The ministers announced during Sunday services that the county certification workers would be arriving.

"Since all major functions center around the churches, they were easily selected as the certification sites," Ms. Eichelberger said.

The message from the pulpit was effective, with a good number of the island's residents showing up at church on the certification day. Residents who did not apply for certification the first time can sign up during any of the periodic visits county workers make to the island.

Mayor Williams said he believes the program will be successful with the residents of Tangiers, a people steeped in a rich heritage of early colonialism and the ways of the water, yet willing, at least in part, to accept the changing world of the mainland.

But, the mayor said he also felt the many changes coming to Tangier would not affect the basic nature of the island people, who are content in their isolation and in their desire to maintain tradition.

"Maybe we don't have a lot of things that they do in the big cities," said Hartford B. Williams. "But we have a lot of things that those people want. So I guess it works out about 50-50."





# Information Can Be Preventive Medicine

By Thomas A. Gregory

ATLANTA'S MASSIVE Grady Memorial Hospital is a 1,000-bed institution, and it towers like a lighthouse over sprawling East Atlanta.

Within its walls one of the country's most intensified food stamp educational programs is in operation. To understand how and why, one must know more about this giant facility.

"The Grady," as it is known to the more than one and a half million inhabitants of Metro Atlanta, is a busy place. Through its doors pass thousands of suffering people daily. Most of them are poor, since the Grady Memorial Hospital is supported almost entirely by tax revenue.

Though it is a charitable institution, the patients who occupy the 1,000 beds and those who come for outpatient services are cared for by a staff of highly trained and dedicated physicians, nurses, and technicians. The cost is high, but Fulton County can boast that it provides the finest in medical care for those who cannot afford it.

Providing care for the ill, however, is not the sole objective of the huge facility. Preventive medicine is being given an increasingly high priority by the administration.

In this category is the Maternal and Infant Care Project, under the direction of Dr. Luella Klein. MIC, as it is called, is now engaged in a food stamp educational program designed to facilitate the transition from the direct food distribution program to food stamps.

As the name implies, the MIC project provides health care for expectant mothers and mothers with



*Rosa Mays, assistant education coordinator at Atlanta's Grady Hospital, tells expectant mothers how to apply for food stamps.*

infants. Emphasis is placed on health care for high-risk obstetric patients among the indigent and medically indigent in Fulton and Dekalb Counties who register for prenatal care, and those patients who require consultation and care resulting from complications during the intrapartum or postpartum period. Care has also been provided for high-risk newborn and premature infants.

Last year MIC enrolled 2,565 in special obstetric outpatient clinics and 782 teenager patients in inter-conceptual care clinics.

Glenn Wisenbaker, health education coordinator of the project, explained how the MIC project added the food stamp education program to its already overburdened staff.

"We have learned," he said, "that there are many contingencies to a mother giving birth to a normal, healthy child. The more we studied, the more we realized that good nutrition was high on the list."

Wisenbaker pointed out that the

vast majority of the patients who came to the clinic for help were poorly nourished, which resulted in their being in poor physical condition, and added to their obstetric care problems.

So when it was announced that all counties in Metro Atlanta would switch to the food stamp program on July 1, Dr. Dan May, chief nutritionist for the MIC project, and Amy Brock, acting chief of the social service department, brought staff members together and formulated plans for making certain that MIC patients would understand the procedures for obtaining food stamps.

Dr. May contacted the Food and Nutrition Service for assistance. Representatives from FNS met with staff members of MIC and explained the food stamp program in detail, providing them with an abundance of literature on the program and an informative slide series.

Wisenbaker, an expert photographer, augmented the slide series with pictures of local people and local scenes with appropriate changes in the script.

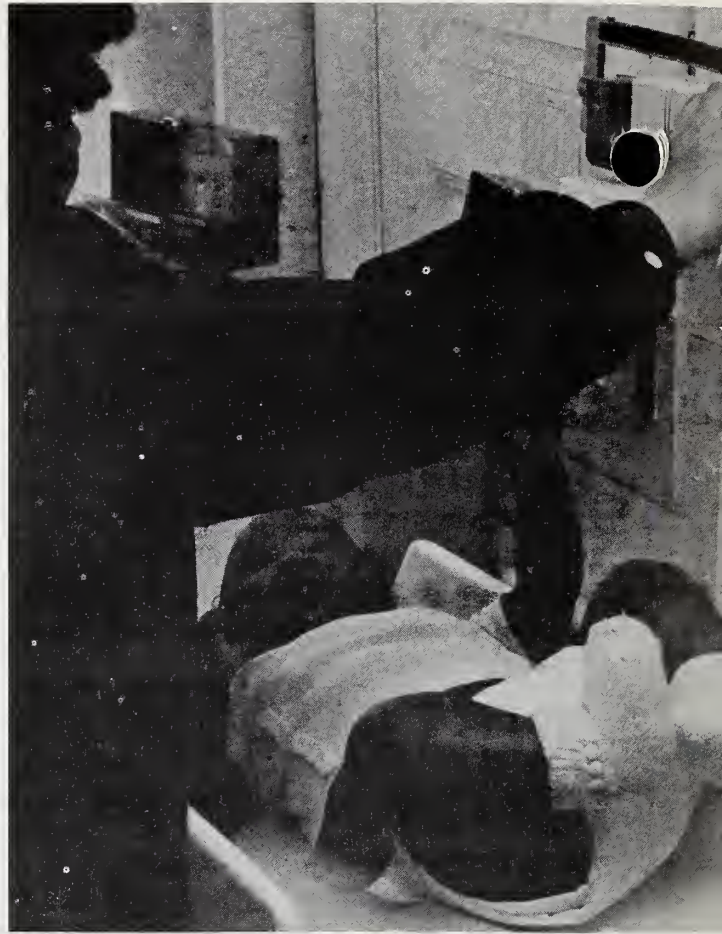
As the staff instructors explained the food stamp program to potential recipients, they showed pictures of county welfare workers.

"This, I feel sure," Ms. Brock added, "brought the program closer to them. They felt they already knew the people and places involved."

"The reception has been most encouraging," Wisenbaker said. "These people have been asking many penetrating questions about the program and have shown a wonderful attitude toward it." ☆



There are nearly 650 women, infants, and young children participating in the WIC program in Pierce County. Community nutrition aides from the Mary Bridge Childrens' Center (below right) visit many participants and drop off foods not delivered by the local dairy. At the center (right), a child is measured and weighed.





# FOOD FOR HEALTH IN PIERCE COUNTY

By Ralph E. Vincent

WITH THE HELP of a local dairy, a children's hospital and community nutrition aides have combined to make the WIC program a rapid success in Pierce County, Washington.

Under the WIC program—the pilot Special Supplemental Food Program for Women, Infants, and Children—the Food and Nutrition Service provides cash grants to State health departments or similar agencies to make certain supplemental foods available to pregnant and lactating women, infants, and children up to 4 years old who are at nutritional risk.

According to Elsie Myers, director of the WIC program in Pierce County, the project began in February 1974 and quickly reached its full client caseload of 650.

Ms. Myers coordinates the close teamwork of the sponsoring agency, the Mary Bridge Children's Center, and the center's staff of 20 community nutrition aides, who serve client households.

The project director points out that the aides have been working with needy families in Pierce County since 1968. As the aides visit in the homes to provide nutrition information, they discover other apparent problems affecting the health and welfare of the families. They then refer them to the center, where the hospital's staff and facilities are available.

As Gene Martens, assistant hospital administrator, says, "The philosophy of Mary Bridge is: If it has to do with children or the environment in which they live, it concerns us."

Ms. Myers, who has been working directly with various programs for children for over 4 years, says that she has never seen such broad based community support for any program.

"The Pierce County Health Department, the State of Washington Department of Social and Health Services, pediatricians, obstetricians,

and general practitioners as well as city and county governments have all joined us in the determination to make WIC work," she explains.

Pierce County has one of the few WIC programs in the Nation that operates a direct food distribution program in cooperation with a local dairy. The dairy delivers milk, eggs and cheese to the clients' homes. When the aides visit the homes, they deliver the infant formula, cereal, juices and other foods not transported by the dairy drivers or picked up by the clients on Tuesdays, when food is distributed at the center.

Ms. Myers reports that at first the dairy drivers were skeptical about the need for the WIC program. But at the end of the first month they were saying, "We had no idea that people in our county lived in such conditions—that there were actually children who did not have milk to drink."

Dr. Nathan Smith, professor of pediatrics at the University of Washington School of Medicine in Seattle and a member of USDA's National Advisory Committee on Child Nutrition, has attended staff meetings at the Mary Bridge Hospital. The meetings include staff doctors and nurses as well as Ms. Myers and representatives of the community nutrition aides. Dr. Smith and the hospital staff indicate the joint meetings and exchange of viewpoints are beneficial to them, as do the program aides.

"The nutrition aide concept is new and the professionals have a little trouble adjusting to it, but gradually we're getting the aides accepted," Ms. Myers says.

"The aides serve in a role the professionals can't, and that's hard for the professionals to swallow. The aides see an entirely different side of the client's life than you see in a clinic or doctor's office," she adds.

Each aide visits from 60 to 100

clients and becomes involved and concerned with the welfare of each one. The aides are selected on the basis of their knowledge of a given area. For instance, the aide who serves the Olympic Peninsula has lived in the area for 19 years, and knows a lot of people there. Many of the aides also have a special understanding of their clients' problems—they are former welfare recipients and know what it is like to be poor.

One of the aides explains: "If you've never been hungry, if you've never been without or gone to bed thinking about how you were going to feed your kids the next day—you can't reach someone in the same way.

"If you've been in that position, you have a lot in common with the people that we're dealing with. We talk their language."

Commenting on the training of the aides, Ms. Myers adds that it took months to convince the nutrition aides that they had something to give—that they had a different kind of education.

"Now they're finally convinced and are doing an excellent job with these mothers and their children," she says.

The aides are trained to recognize the health problems their clients might have and refer them to professional help at the Mary Bridge Children's Center. Some days the staff at the clinic sees as many as 70 children.

"About half the children we treat for colds, ear infections, skin problems—all of the things that go along with poor nutrition.

"The WIC program gets us back into the homes month after month," she adds. "The mothers find out that we're actually just there to help them feed their children, and they welcome us. Then we can help them deal with other problems."

☆



## Lunch Gets the O.K. in Oklahoma

LUNCHES COME IN pairs at the elementary schools in Enid, Oklahoma.

The lunch pairs consist of a "hot pack" and "cold pack," which together make up a well balanced meal for the children.

A central kitchen provides these lunches to the city's 14 elementary schools, which previously had no food service. In its first year of operation, the cafeteria was serving around 80 percent of the student body.

O. T. Autry, superintendent of schools for Enid, admits he was somewhat reluctant to start a lunch program.

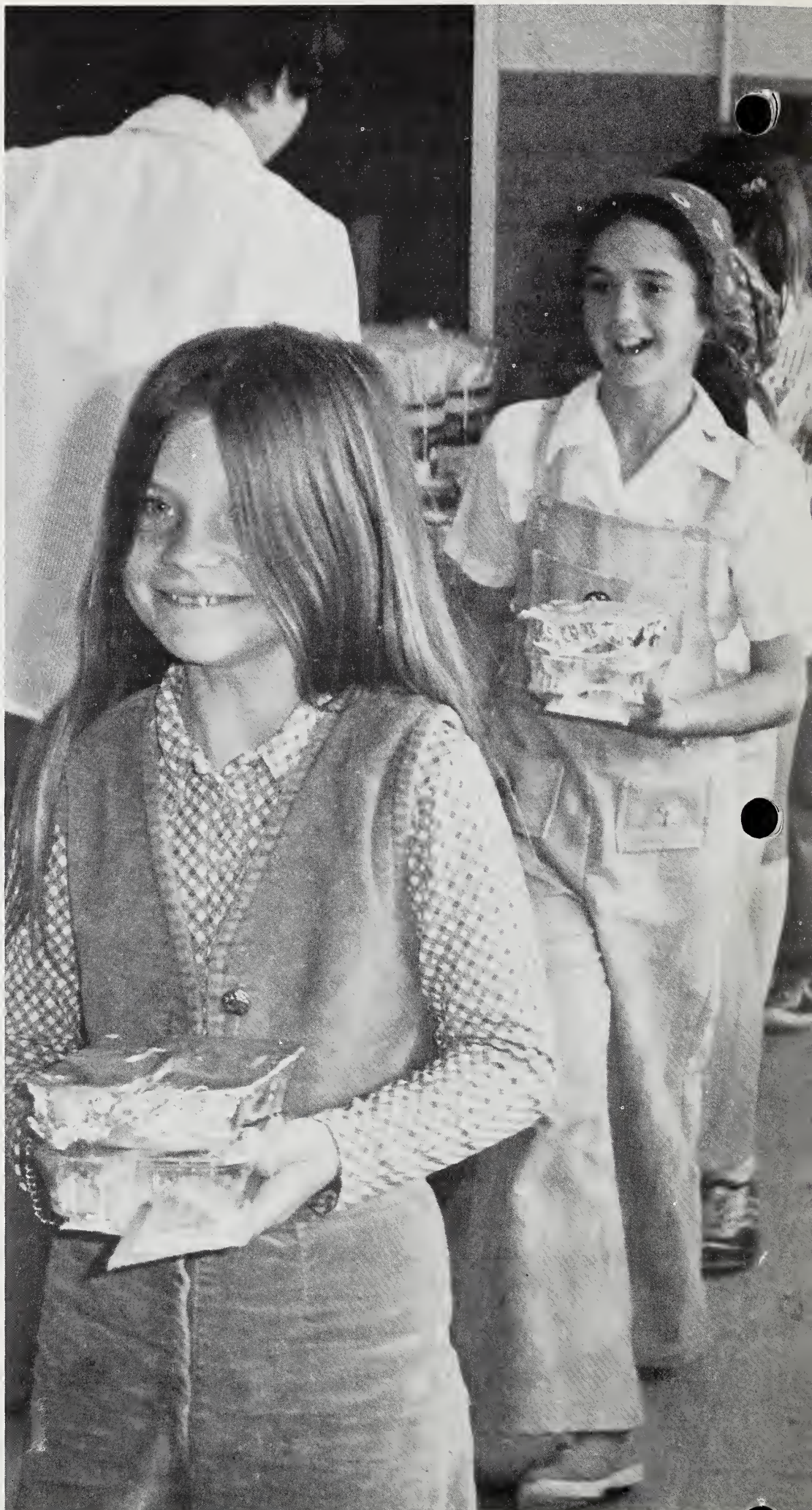
"One of the things that people complain most about is food," he said. "However," he added, "now I'm convinced that if everything else in the system ran as smoothly as the lunch program, we would be in great shape."

Since none of the elementary schools in Enid had kitchen facilities, the superintendent decided that a central kitchen would be the best approach to providing food service.

Before the facility was started, Superintendent Autry, Food Service Director John Couch, and architect Frank Davies visited a central cafeteria which serves 3,000 children in the South Texas towns of Mission and Pharr. This kitchen was planned with the help of the Texas Education Agency and the Food and Nutrition Service. Mr. Autry decided to ask for similar help from experts in the school lunch division of the Oklahoma Department of Education and FNS in planning his district's kitchen.

The central kitchen was developed from an unused elementary school. Several classrooms were converted to dining and storage areas, and 5,000 square feet for the kitchen and a loading dock were added to the building. USDA provided some financial help in the form of nonfood assistance funds to purchase some of the kitchen equipment.

A total of 19 food service employees, including the food service director and his secretary, work in the building, but only nine are di-



Elementary schoolchildren pick up their lunches, which consist of a hot pack and cold pack.



rectly involved in preparation of the lunches.

An assembly line approach speeds the preparation—as the trays move down a belt, the workers place the food in hot and cold packs. All of the food is refrigerated overnight and delivered by truck to the schools early the next day.

The food arrives in insulated covering to keep it cold, and the hot packs are heated in small ovens just before it's time for the children to eat. Milk is delivered directly to the schools and kept in a cooler until lunch.

Each day a poll is taken to estimate how many meals will be needed the following day. A few extras are added to the count to be sure enough food is on hand.

However, little food is wasted. Leftover meals which have not been heated are returned cold to the central kitchen and frozen. Then they are served on "pot luck" days, which are very popular with the students.

When a flash flood struck Enid during early October, soon after the central kitchen began operation, Couch and his staff were asked to provide meals for a local hospital where the main kitchen was flooded. For the next 10 days, they furnished 300 to 400 meals per day for patients.

"We even provided for some special diets," pointed out Couch. His staff worked closely with the hospital dietitian in developing the meals.

The food service director explained that a wide variety of meals can be served under the central kitchen system.

Student, parent and teacher reaction to the school lunch program has been favorable. A number of parents have told Couch their children are eating foods they had once avoided.

One teacher wrote to the food service director, "I wasn't very optimistic about the hot lunch program, but now I think it's a good thing."

"The central kitchen concept is certainly not the answer for all schools," said Oklahoma school lunch director Fred Jones, "but in the case of Enid, it is certainly meeting the needs of the students." ☆

## Pennsylvania Women Join School Lunch Drive

GINNIE LAUT will be seeing a lot of Pennsylvania in the next 2 years.

As the recently-installed president of the Pennsylvania Federation of Women's Clubs, she plans to visit all 67 counties in the State to look in on local Federation projects.

One effort on the local level in which she will be particularly interested will be the Federation's efforts in assisting USDA to expand the National School Lunch Program.

The Pennsylvania Federation of Women's Clubs joins a growing number of organizations that are helping USDA expand the school lunch program. Others include the U.S. Jaycees, the Council for American Private Education, the American Legion and the National Milk Producers Federation.

There's more than one reason for Ginny Laut's interest in this project. She has been employed by USDA since 1960, and now serves as a food program specialist in the Pittsburgh field office.

But, she is quick to add, she has given her support to the project solely on its own merits.

"I offered to make school lunch outreach a project of the Pennsylvania Federation of Women's Clubs when I had the authority to do so," the new president said. "The school lunch program is a program of nutrition for our children and I endorse it very highly."

The Pennsylvania organization is the largest Federation in the country, with more than 850 clubs and a membership of some 65,000 women.

The overall goal of the Federation, according to its 1891 charter, is "to unite the women's clubs and like organizations throughout the world for the purpose of mutual benefit, and for the promotion of their common interest in education, industrial, philanthropic, literary, artistic and scientific culture. . . ."

In Pennsylvania, Ginnie Laut explained, the clubwomen expend their efforts for the most part on problems of their local communities and then

unite with other member groups on more general issues.

In the past 2 years, the Pennsylvania Federation contributed almost 2 million dollars and more than a million hours service toward club projects.

Ms. Laut said she is looking forward to her 2-year term with a great deal of anticipation in gaining new accomplishments and records. School lunch outreach will be high on her list.

"I see our role as one of working at the community level to encourage school administrators and parents to establish good food services," she said. "In many areas throughout the State, lunch at school is the only good meal some children get."

Since her term began in May, Ms. Laut and her six district presidents have been meeting with FNS outreach coordinators and representatives from the Pennsylvania State Food Service Administration to lay the groundwork for the statewide outreach campaign.

Ginnie Laut anticipates both an active and fruitful effort by her clubwomen in bringing about programs in schools without food service.

Activities and projects are not new to the 20-year veteran of the Federation. The new president spends practically all her spare time in Federation work. One of her specialties is the field of consumer affairs.

As president, her schedule will be a full one. Her duties include approving all programs of work and directing the activities of the 900 clubs in the State.

"The object of the Federation is to unite the influence and interests of Pennsylvania women to promote legislative, civic, educational, moral and social measures," she said. "The school lunch program falls clearly within these goals."

Ms. Laut is quick to point out that although at times hectic, Federation work has been a rewarding experience over the past 20 years.

"The Federation offers me an opportunity to be a productive citizen which I don't think I could get someplace else," she said. "You have to pay rent for living in a democracy and this is my way." ☆



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